

What is claimed is:

1. A push-up board exercise device for exercising and developing the upper body, chest and arms of a user comprising:

means for providing stability and connection point for all components;

means for allowing a user to grip the exercise board at the edge, rigidly connected to said means for providing stability and connection point for all components; and

means for allowing a user to grip the exercise device in the middle thereof, rigidly connected to said means for providing stability and connection point for all components.

2. The push-up board exercise device in accordance with claim 1, wherein said means for providing stability and connection point for all components comprises a rigid, slotted base, having a non-slip stable bottom.

3. The push-up board exercise device in accordance with claim 1, wherein said means for allowing a user to grip the exercise board at the edge comprises a rigid, outer first hand grip.

4. The push-up board exercise device in accordance with claim 1, wherein said means for allowing a user to grip the exercise device in the middle thereof comprises a rigid, small second hand grip.

5. A push-up board exercise device for exercising and developing the upper body, chest and arms of a user comprising:

a rigid, slotted base, having a non-slip stable bottom, for providing stability and connection point for all components;

a rigid, outer first hand grip, for allowing a user to grip the exercise board at the edge, rigidly connected to said base; and

a rigid, small second hand grip, for allowing a user to grip the exercise device in the middle thereof, rigidly connected to said base.

6. The push-up board exercise device as recited in claim 5, further comprising:

a rigid, small third hand grip, for allowing a user to grip the exercise device in the middle thereof, rigidly connected to said base.

7. The push-up board exercise device as recited in claim 5, further comprising:

a rigid, outer fourth hand grip, for allowing a user to grip the exercise board at the edge, rigidly connected to said base.

8. The push-up board exercise device as recited in claim 5, further comprising:

a rigid, middle, segmented fifth hand grip, for

allowing a user to grip the exercise board near the middle of the base, rigidly connected to said base.

9. The push-up board exercise device as recited in claim 5, further comprising:

a rigid, middle, bar sixth hand grip, for providing a means to enable a user to grip the exercise device near the middle of the base, rigidly connected to said base.

10. The push-up board exercise device as recited in claim 6, further comprising:

a rigid, outer fourth hand grip, for allowing a user to grip the exercise board at the edge, rigidly connected to said base.

11. The push-up board exercise device as recited in claim 6, further comprising:

a rigid , middle, segmented fifth hand grip, for

allowing a user to grip the exercise board near the middle of the base, rigidly connected to said base.

12. The push-up board exercise device as recited in claim 6, further comprising:

a rigid, middle, bar sixth hand grip, for providing a means to enable a user to grip the exercise device near the middle of the base, rigidly connected to said base.

13. The push-up board exercise device as recited in claim 7, further comprising:

a rigid , middle, segmented fifth hand grip, for allowing a user to grip the exercise board near the middle of the base, rigidly connected to said base.

14. The push-up board exercise device as recited in claim 7, further comprising:

a rigid, middle, bar sixth hand grip, for

providing a means to enable a user to grip the exercise device near the middle of the base, rigidly connected to said base.

15. The push-up board exercise device as recited in claim 8, further comprising:

a rigid, middle, bar sixth hand grip, for providing a means to enable a user to grip the exercise device near the middle of the base, rigidly connected to said base.

16. The push-up board exercise device as recited in claim 10, further comprising:

a rigid , middle, segmented fifth hand grip, for allowing a user to grip the exercise board near the middle of the base, rigidly connected to said base.

17. The push-up board exercise device as recited in claim 10, further comprising:

a rigid, middle, bar sixth hand grip, for providing a means to enable a user to grip the exercise device near the middle of the base, rigidly connected to said base.

18. The push-up board exercise device as recited in claim 11, further comprising:

a rigid, middle, bar sixth hand grip, for providing a means to enable a user to grip the exercise device near the middle of the base, rigidly connected to said base.

19. The push-up board exercise device as recited in claim 13, further comprising:

a rigid, middle, bar sixth hand grip, for providing a means to enable a user to grip the exercise device near the middle of the base, rigidly connected to said base.

20. The push-up board exercise device as recited in claim 16, further comprising:

a rigid, middle, bar sixth hand grip, for providing a means to enable a user to grip the exercise device near the middle of the base, rigidly connected to said base.

21. A push-up board exercise device for exercising and developing the upper body, chest and arms of a user comprising:

a rigid, slotted base, having a non-slip stable bottom, for providing stability and connection point for all components;

a rigid, outer first hand grip, for allowing a user to grip the exercise board at the edge, rigidly connected to said base;

a rigid, small second hand grip, for allowing a user to grip the exercise device in the middle thereof, rigidly connected to said base;

a rigid, small third hand grip, for allowing a user to grip the exercise device in the middle thereof,

rigidly connected to said base;

a rigid, outer fourth hand grip, for allowing a user to grip the exercise board at the edge, rigidly connected to said base;

a rigid , middle, segmented fifth hand grip, for allowing a user to grip the exercise board near the middle of the base, rigidly connected to said base;

and

a rigid, middle, bar sixth hand grip, for providing a means to enable a user to grip the exercise device near the middle of the base, rigidly connected to said base.